

# A Normal Day

FUNDACIÓN  
LUCÍA

Marta Costa





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Illustrated by Marta Costa

## FUNDACIÓN LUCÍA

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It is early in the morning and it seems that a ray of light wants to get in to my room. And then suddenly, "Riiiiinnngg, riiiiinnngg, riiiiinnngg!". The alarm goes off, and it is time to get out of bed.

Oh! I'm so sleepy. It is eight in the morning and here it is a new day. It's Wednesday, I think. And as always I have to take my pills and syrup that I don't like.

I wish today was Saturday, because on that day after taking my medicine I can jump into my bed again and sleep a little bit more.



Just like every day, the first thing I do is go pee and then wash my face.

Mom calls me from the kitchen,

"Lucía, breakfast is ready!"

It is very important for us to have a good breakfast every day, as it gives us all the energy we need for the rest of the day to do things like playing and learning at school.



Mmm, great!. Mom made pancakes and cereal with milk. I love it!

After breakfast it is time to brush my teeth.

6 It is very important to brush your teeth after every meal to avoid getting cavities in your teeth

Brushing the gums and tongue is also very important.

And remember it takes a bit of time. We should not do it as quickly as possible.



OK, I'm clean and ready now. Where is my backpack? Oh, here it is!  
I only try to put the stuff I really need to do my work inside, because  
otherwise it is so heavy it makes my back hurt.

8

And speaking of backs, we have to remember that when we sit in class  
we need to sit with our backs straight.



Yes, it is time for lunch!

10 First I wash my hands and then I have my ham and cheese sandwich.

Afterwards I play for a while with my friends at school.



Uff! Some days after school it's so good to go back home because I'm quite tired and hungry.

12 Mmm! It smells good today. I think we are going to have chicken and potatoes, and strawberry pie for dessert.

It is very important to eat a little bit of all types of food because we get different nutritional benefits from each of them. We need to eat vegetables, fruit, meat, fish, eggs, cereals, milk, cheese, pasta...



I really enjoy helping put the dishes on the table.

I like folding the napkins in funny ways.

Before eating I need to wash my hands again.

I know that I just did it at school, but it is something we always have to do before eating. It helps us avoid putting the germs that get on our hands during the day in our mouth.



Before I do my homework I watch cartoons on TV for a little while.  
I like this a lot.



After I watch TV, I do my homework. And before I go to sleep, I need to take my medicine: once again the pills and syrup that I don't like very much.

18 My parents and doctor say it is very important for me, and someday they will explain exactly why I have to take all that stuff.

Oh, I'm so sleepy.



Time to go to bed. Boys and girls need to sleep at least 8 hours a day to have the energy they need to do all the things they do during the day.

See you next time, and thanks for letting me share a day of my life with you.





ACTIVITIES

1 Explain a normal day in your life:

	school days	weekend
Woke up at ...		
Breakfast at ...		
Play at ...		
Lunch at ...		
Tea-time at ...		
Homework at ...		
Go to bed at ...		

2 How many times do you brush your teeth and when do you do it?

3 When is it necessary to wash your hands? What could happen if you forgot to do it?

4 Write down everything you eat during one week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Tea-time							
Dinner							

and then answer these questions:

- Do you think you are eating correctly?
- How much milk do you drink everyday?
- What do you like for breakfast?
- What is your favourite and least favourite food?

NOTE FOR TEACHERS

These stories are written to explain to children between 7 and 13 years of age what is known about the HIV infection and AIDS: its origins; how it is thought that new pathogens appeared affecting humans; the transmission channels of this disease; the measures to prevent it, and also its clinical, social and emotional treatments.

These stories do not correspond to the story of the real Lucia who gave her name to the Foundation.

Here are some additional aspects to take into consideration:

- 1 Here are some additional aspects to take into consideration: children to understand, we recommend the participation of an adult to lead the reading and clarify and comment on any questions.
- 2 The stories take place here, in Spain. Thanks to access to treatment, the quality of life for infected persons is generally good, but these circumstances are not the same in the rest of the world. There are many countries where HIV infection means certain death in a short time period.
- 3 The treatments described in these stories are the same one that were available when they were written. But other, more complicated treatments are being developed, and we hope that these treatments will be able to improve current ones.
- 4 One of the main aims of these stories is to diminish the social stigma surrounding the disease and the people infected with it via an objective approach based on information.
- 5 All stories were written to give answers and work on different questions when children ask to talk about these topics.  
This material was developed to support adults when they talk with children about HIV infection. For children in general, the material is a basic tool of information and knowledge towards preventing infection. For affected children, there are stories that can be read before their own diagnosis or a family member's diagnosis is known: the second story, "How Does My Body Work?", the fourth story, "Visiting the Hospital", the fifth story, "Trusting and Sharing" and the sixth story, "A Normal Day". All these stories are very useful for answering questions that children may ask when the topic is discussed with freedom.
- 6 All stories contain a minimum of 5 exercises for afterthought and consolidating knowledge.

**1 The Family**

We all have a family and a history.

**2 How Does My Body Work?**

Anatomical and physiological concepts necessary to better understand how to take care of our health and practice good prevention.

**3 The History of HIV**

This story goes over the origins of this new infection, the discovery of the pathogen that causes it and its transmission channels.

**4 Visiting the Hospital**

To have a good understanding of our health, it is necessary that we have periodic check-ups.

**5 Trusting and Sharing**

Due to social rejection, infected people have a right to intimacy in order to avoid discrimination and mistreatment. It is important to mention that if this is taken to the extreme, it can cause loneliness, because we all need each other and need to relate with one another. In life it is always important to evaluate with whom you can and want to share your secrets.

**6 A Normal Day**

The daily activities of a child who takes medication are different, and like all children they sometimes have more needs than adults do.

**7 My Friends at the Hospital**

The lives of people who are infected with HIV are affected by many realities, all of which have been taken into consideration here.

**8 Medication**

This story explains drug mechanisms to hinder the progression of the disease, as well as the need to use different types of drugs.

**9 The Future**

A future with hope is life's bond. This story explains how infected children make their plans for the future, as well as the most common questions they ask.

**10 Children's Rights**

This section is on the vulnerability of children and young people, and their rights.

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